

WEEK BEGINNING 4 MAY

Here is a weekly planner with daily activities for children in each year group to try. For ease, siblings can generally follow the same programme.

Make sure you are in a safe space and properly warmed up before you start. Ensure you have an adult with you, have fun and keep moving.

Year 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAYS</p> <p>Cosmic kids yoga: Hungry Caterpillar https://www.youtube.com/watch?v=xhWDiQRrC1Y</p>	<p>BOUNCING</p> <p>Using a racket or ball see if you can practise bouncing the ball on a hard service.</p> <ul style="list-style-type: none"> • Try and bounce the ball 20 x in a row. • Try to bounce the ball on your racket. • Remember to keep your wrist firm. • How many bounces can you do? 	<p>BALANCE</p> <p>Can you balance a tennis ball on your racket and weave in and out of an obstacle course?</p> <ul style="list-style-type: none"> • Count how many times the ball drops onto the floor. • Can you do the course again and try not to drop it as many times. 	<p>BALL SKILLS AND COORDINATION</p> <p>Throw, hit, catch.</p> <ul style="list-style-type: none"> • Ask mum or dad to throw the ball underarm to you, so that you can try to hit it back to them. • Score a point if you can hit it back for them to catch it. 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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Year 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAYS</p> <p>Cosmic kids yoga: Hungry Caterpillar https://www.youtube.com/watch?v=xhWDiQRrC1Y</p>	<p>BOUNCING</p> <p>Using a racket or ball see if you can practise bouncing the ball on a hard service.</p> <ul style="list-style-type: none"> • Try and bounce the ball 20 x in a row. • Try to bounce the ball on your racket. • Remember to keep your wrist firm. • How many bounces can you do? 	<p>BALANCE</p> <p>Can you balance a tennis ball on your racket and weave in and out of an obstacle course?</p> <ul style="list-style-type: none"> • Count how many times the ball drops onto the floor. • Can you do the course again and try not to drop it as many times. 	<p>BALL SKILLS AND COORDINATION</p> <p>Throw, hit, catch.</p> <ul style="list-style-type: none"> • Ask mum or dad to throw the ball underarm to you, so that you can try to hit it back to them. • Score a point if you can hit it back for them to catch it. 	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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Year 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAYS</p> <p>Boho Beautiful https://www.youtube.com/watch?v=lFwejwmfUss</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/iKk_FLo2Z4M to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> • MOUNTAIN CLIMBERS • PLANK • SEATED ROW • BUM LIFT • SIT-UP • CRUNCH <p>Repeat x 3</p>	<p>WORKOUT WEDNESDAYS</p> <p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/_30UzOV-J1kc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> • PRESS-UPS • PLANK • CALF RAISES • HIGH KNEES • SQUAT JUMPS • WALL SIT • BURPEES <p>Repeat x 3</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <p>Check out the link for ball skills ideas: https://www.youtube.com/watch?v=ZJvVihqO1NM</p> <p>Can you make a video of your own skills?</p> <p>Ask your parents' permission first and share your work with the PE Department.</p> <p>Email: vbrazendale@stgabriels.co.uk</p>	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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Year 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	YOGA MONDAYS	COMMIT TO CORE TUESDAYS	WORKOUT WEDNESDAYS	BALL SKILLS AND COORDINATION THURSDAYS	WILD CARD FRIDAYS
	<p>Boho Beautiful https://www.youtube.com/watch?v=lFwejwmfUss</p>	<p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/iKk_FLo2Z4M to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> • MOUNTAIN CLIMBERS • PLANK • SEATED ROW • BUM LIFT • SIT-UP • CRUNCH <p>Repeat x 3</p>	<p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/_3OUzOV-J1kc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> • PRESS-UPS • PLANK • CALF RAISES • HIGH KNEES • SQUAT JUMPS • WALL SIT • BURPEES <p>Repeat x 3</p>	<p>Check out the link for ball skills ideas: https://www.youtube.com/watch?v=ZJvVihqO1NM</p> <p>Can you make a video of your own skills?</p> <p>Ask your parents' permission first and share your work with the PE Department.</p> <p>Email: vbrazendale@stgabriels.co.uk</p>	<p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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Year 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	YOGA MONDAYS	COMMIT TO CORE TUESDAYS	WORKOUT WEDNESDAYS	BALL SKILLS AND COORDINATION THURSDAYS	WILD CARD FRIDAYS
	<p>Boho Beautiful https://www.youtube.com/watch?v=lFwejwmfUss</p>	<p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/iKk_FLo2Z4M to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> • MOUNTAIN CLIMBERS • PLANK • SEATED ROW • BUM LIFT • SIT-UP • CRUNCH <p>Repeat x 4</p>	<p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/_3OUzOV-J1kc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> • PRESS-UPS • PLANK • CALF RAISES • HIGH KNEES • SQUAT JUMPS • WALL SIT • BURPEES <p>Repeat x 4</p>	<p>Check out the link for ball skills ideas: https://www.youtube.com/watch?v=ZJvVihqO1NM</p> <p>Can you make a video of your own skills?</p> <p>Ask your parents permission first and share your work with the PE Department.</p> <p>Email: vbrazendale@stgabriels.co.uk</p>	<p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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Year 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	YOGA MONDAYS	COMMIT TO CORE TUESDAYS	WORKOUT WEDNESDAYS	BALL SKILLS AND COORDINATION THURSDAYS	WILD CARD FRIDAYS
	<p>Boho Beautiful https://www.youtube.com/watch?v=lFwejwmfUss</p>	<p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/iKk_FLo2Z4M to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> • MOUNTAIN CLIMBERS • PLANK • SEATED ROW • BUM LIFT • SIT-UP • CRUNCH <p>Repeat x 4</p>	<p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/_3OUzOV-J1kc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> • PRESS-UPS • PLANK • CALF RAISES • HIGH KNEES • SQUAT JUMPS • WALL SIT • BURPEES <p>Repeat x 3</p>	<p>Check out the link for ball skills ideas: https://www.youtube.com/watch?v=ZJvVihqO1NM</p> <p>Can you make a video of your own skills?</p> <p>Ask your parents' permission first and share your work with the PE Department.</p> <p>Email: vbrazendale@stgabriels.co.uk</p>	<p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 9	<p>YOGA MONDAYS</p> <p>Boho Beautiful https://www.youtube.com/watch?v=lFwejwmfUss</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/iKk_FLo2Z4M to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> • MOUNTAIN CLIMBERS • PLANK • SEATED ROW • BUM LIFT • SIT-UP • CRUNCH <p>Repeat x 5</p>	<p>WORKOUT WEDNESDAYS</p> <p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/_3OUzOV-J1kc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> • PRESS-UPS • PLANK • CALF RAISES • HIGH KNEES • SQUAT JUMPS • WALL SIT • BURPEES <p>Repeat x 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <p>Check out the link for ball skills ideas: https://www.youtube.com/watch?v=ZJvVihqO1NM</p> <p>Can you make a video of your own skills?</p> <p>Ask your parents' permission first and share your work with the PE Department.</p> <p>Email: vbrazendale@stgabriels.co.uk</p>	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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Year 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	YOGA MONDAYS	COMMIT TO CORE TUESDAYS	WORKOUT WEDNESDAYS	BALL SKILLS AND COORDINATION THURSDAYS	WILD CARD FRIDAYS
	<p>Boho Beautiful https://www.youtube.com/watch?v=lFwejwmfUss</p>	<p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/iKk_FLo2Z4M to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> • MOUNTAIN CLIMBERS • PLANK • SEATED ROW • BUM LIFT • SIT-UP • CRUNCH <p>Repeat x 5</p>	<p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/_3OUzOV-J1kc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> • PRESS-UPS • PLANK • CALF RAISES • HIGH KNEES • SQUAT JUMPS • WALL SIT • BURPEES <p>Repeat x 4</p>	<p>Check out the link for ball skills ideas: https://www.youtube.com/watch?v=ZJvVihqO1NM</p> <p>Can you make a video of your own skills?</p> <p>Ask your parents' permission first and share your work with the PE Department.</p> <p>Email: vbrazendale@stgabriels.co.uk</p>	<p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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Year 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAYS</p> <p>Boho Beautiful https://www.youtube.com/watch?v=lFwejwmfUss</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/iKk_FLo2Z4M to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> • MOUNTAIN CLIMBERS • PLANK • SEATED ROW • BUM LIFT • SIT-UP • CRUNCH <p>Repeat x 6</p>	<p>WORKOUT WEDNESDAYS</p> <p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/_3OUzOV-J1kc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> • PRESS-UPS • PLANK • CALF RAISES • HIGH KNEES • SQUAT JUMPS • WALL SIT • BURPEES <p>Repeat x 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <p>Check out the link for ball skills ideas: https://www.youtube.com/watch?v=ZJvVihqO1NM</p> <p>Can you make a video of your own skills?</p> <p>Ask your parents' permission first and share your work with the PE Department.</p> <p>Email: vbrazendale@stgabriels.co.uk</p>	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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Year 12 & 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>YOGA MONDAYS</p> <p>Boho Beautiful https://www.youtube.com/watch?v=lFwejwmfUss</p>	<p>COMMIT TO CORE TUESDAYS</p> <p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/iKk_FLo2Z4M to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 30 seconds rest between each</p> <ul style="list-style-type: none"> • MOUNTAIN CLIMBERS • PLANK • SEATED ROW • BUM LIFT • SIT-UP • CRUNCH <p>Repeat x 6</p>	<p>WORKOUT WEDNESDAYS</p> <p>Workout activities from Mrs Joseph demonstrated by Mrs Brazendale Watch her video on: https://youtu.be/_3OUzOV-J1kc to check you have the right technique for safe exercise.</p> <p>40 seconds on each station with 60 seconds rest between each</p> <ul style="list-style-type: none"> • PRESS-UPS • PLANK • CALF RAISES • HIGH KNEES • SQUAT JUMPS • WALL SIT • BURPEES <p>Repeat x 4</p>	<p>BALL SKILLS AND COORDINATION THURSDAYS</p> <p>Check out the link for ball skills ideas: https://www.youtube.com/watch?v=ZJvVihqO1NM</p> <p>Can you make a video of your own skills?</p> <p>Ask your parents' permission first and share your work with the PE Department.</p> <p>Email: vbrazendale@stgabriels.co.uk</p>	<p>WILD CARD FRIDAYS</p> <p>YouTube options:</p> <p>PE with Joe Wicks is on daily at 9.00am.</p> <p>Dance class with Oti is on daily at 11.30am</p> <p>Latin dance workshop https://www.youtube.com/watch?v=8DZktowZo_kYM</p> <p>Gym with Max Whitlock https://www.youtube.com/watch?v=nuM04be_Ftg</p>

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